

flat without creasing. To knit these, you will require four needles, then the stitches are put on two, which are knitted separately for a few rows, and lastly the stitches on both needles knitted together and cast off. Four needles, one ounce double Berlin wool (black, crimson or yellow), are required. Cast on one hundred and fourteen stitches, thirty-eight on each of the three needles. Knit and purl alternately five rounds. In the next plain round increase by knitting at the back and front of the fiftieth, fifty-seventh and sixty-fourth stitches. This is at the toe end of the sole. Purl one round, knit one round and increase on the first and last stitches at the heel. Cast off rather loosely, as this is the outside edge of the sole. Break the wool, and begin again at the heel where the end of the wool is left at the first casting on. Leave the first two loops, and pick up on one needle forty-nine loops. Leave eleven loops at the toe, and upon another needle pick up forty-nine loops, leaving five between the two needles at the heel. Begin at the heel, and knit upon this needle forty-nine stitches; turn, (slip the first stitch always,) knit to the heel, turn, knit to the toe, turn, knit to twelve stitches from the end of the heel, turn, knit to five stitches from the end of the toe, turn, knit eighteen stitches, turn, knit to the end of the toe. Break the wool, leaving an end of one and a half yards long. Now knit the other side to match, and begin at the toe, leaving an end of wool with which to draw up the eleven stitches at the toe when the sole is finished. Knit to the heel, turn, knit to the toe, turn, knit to twelve from the end of the heel, turn, knit to toe, turn, knit to the end of the heel. On the wrong side of the work beginning at the toe, knit the stitches on the two needles together, casting off. Draw up the stitches left at the heel and toe, and fasten off.

The following is another inexpensive and pretty article suitable for a Christmas present.

Smoking or Neglige Cap.

For this two ounces of dark cardinal single Berlin wool will be required, and two balls of knitting silk.

Make a chain with the wool, unite. In this work seven double chain.

2d Round. — Work in a double chain, taking up both edges of the stitch.

3d Round. — Double chain, increase one in every stitch, and take up the break of the loop only.

4th Round. — Work in wool double chain, no increasings.

5th Round. — With silk, two double chain in the first loop. In the loop of the chain left in the third row, work in front of the other rounds of crochet, (*) one long, work off all but the last two loops, then six treble in the same stitch, leaving the last loop on the needle in working them, when you work the last, work all off. Miss one double chain from the last worked on the fourth round, and work one more, then two in the next, one in the following, miss one double chain, or rather half loop in the third round, and work another set of treble in the following, finish the round in this manner, repeating from (*). Take care to increase sufficiently to keep the work flat when laid on the table.

6th Round. — Work in double chain with wool, taking up the back of the chain only, and increasing where necessary to keep flat.

7th and 8th Rounds. — Work with wool, taking up both sides of the loop, then repeat the fifth round, working with silk, and taking up the double chain stitches of the silk in the fifth round, and always working so that they lie alternately between and in the center of those of the previous round of silk; work in this manner until you have a piece eight and one-half inches in diameter. Two rows with no decreasing whatever of plain double chain in wool. This commences the band for the head, then work a round like the third, another round of double chain, one of silk, three of wool, one of silk, four of wool, and fasten off. Line the cap with silk, sew a piece of leather round the band, and if you like add a flat tassel of silk, combining the two colors used for the cap, and sew in the center of the crown.

The Wonder Ball.

A PRETTY German way of making presents is as follows:

An amount of wool is bought for any given thing. A lounge afghan, a shoulder shawl or cape, a fascinator, a sontag, a pair of mittens—anything which the giver thinks the receiver would like to make for herself. The gifts which must be of very small bulk, are wrapped in tissue paper with the giver's

name, a loving, tender note, showing full appreciation, making the sweetest of gifts. The wool is wound about one until it is covered, when another is added, and the process repeated, and so on until all the gifts are included. Now comes the charm! The receiver is requested to knit from that ball, or to crochet any article that has been fixed upon, and not by any chance to unwind the wool, only as fast as the work progresses. It is like undoing a long Christmas stocking, with presents in it down to the very toe.

Q.

[NOTE. — A very large budget of patterns have been received during the past month, which if we were to publish entire, would fill the whole Magazine with knitting and crochet from cover to cover. It is our purpose to give those only which seem the most

desirable and best suited to readers, so that we trust none of these kind correspondents will feel slighted at not seeing their particular patterns in print. We are very thankful to receive new designs; *original* ones are the most welcome, and will stand the best chance of appearing in this Magazine. It is not desirable to republish patterns from other papers or magazines widely read, which are doubtless familiar to a large number of readers. It is the desire of the publisher and editors of this monthly to have all its contents as *fresh* and as *original* as possible, not a rehash of other publications.

Requests from "Mrs. W. R." and others for special patterns will be borne in mind. Please to remember there are thousands of readers, and all cannot be attended to at once. Give us time and we will try to please you all as far as practicable in due season.]

EATING BEFORE SLEEPING.

THE notion is widely prevalent that it is unhealthy to eat late at night, or just before retiring. This came from the severe denunciation of "late suppers," contained in nearly all the old popular works on diet. But it was the midnight debauch that was the object of attack, and even here it was less the gluttony than the drunkenness which alarmed the doctors and called forth their reprehensions. A man may induce apoplexy by gorging himself with food at any hour of the day.

Man is the only animal that can be taught to sleep quietly on an empty stomach. The brute creation resent all efforts to coax them to such a violation of the laws of nature. The lion roars in the forest until he has found his prey. The horse will paw all night in the stable, and the pig in the pen, refusing all rest or sleep until they are fed. The animals which chew the cud have their own provision for a late meal just before dropping off to their night slumbers.

Man can train himself to the habit of sleeping without a preceding meal, but only after long years of practice. As he comes into the world, nature is too strong for him, and he must be fed before he will sleep. A

child's stomach is small, and when perfectly filled, if no sickness disturbs it, sleep follows naturally and inevitably. As digestion goes on the stomach begins to empty. A single fold in it will make the little sleeper restless; two will awaken it, and if it is hushed again to repose the nap is short, and three folds put an end to the slumber. Paregoric or other narcotic may close its eyes again, but without either food or some stupefying drug it will not sleep, no matter how healthy it may be. Not even an angel, who learned the art of minstrelsy in a celestial choir, can sing a babe to sleep on an empty stomach.

It is a fact established beyond the possibility of contradiction that sleep aids digestion, and that the process of digestion is conducive to refreshing sleep. It needs no argument to convince us of this mutual relation. The drowsiness which always follows a well-ordered meal is itself a testimony of nature to this interdependence.

The waste of human life by the neglect of the lesson is very great. The daily wear and tear of the body might be restored more fully than it usually is, if this simple rule was not systematically violated.

— David M. Stone in *Jour. of Commerce.*